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Personal Hygiene and Physical Development

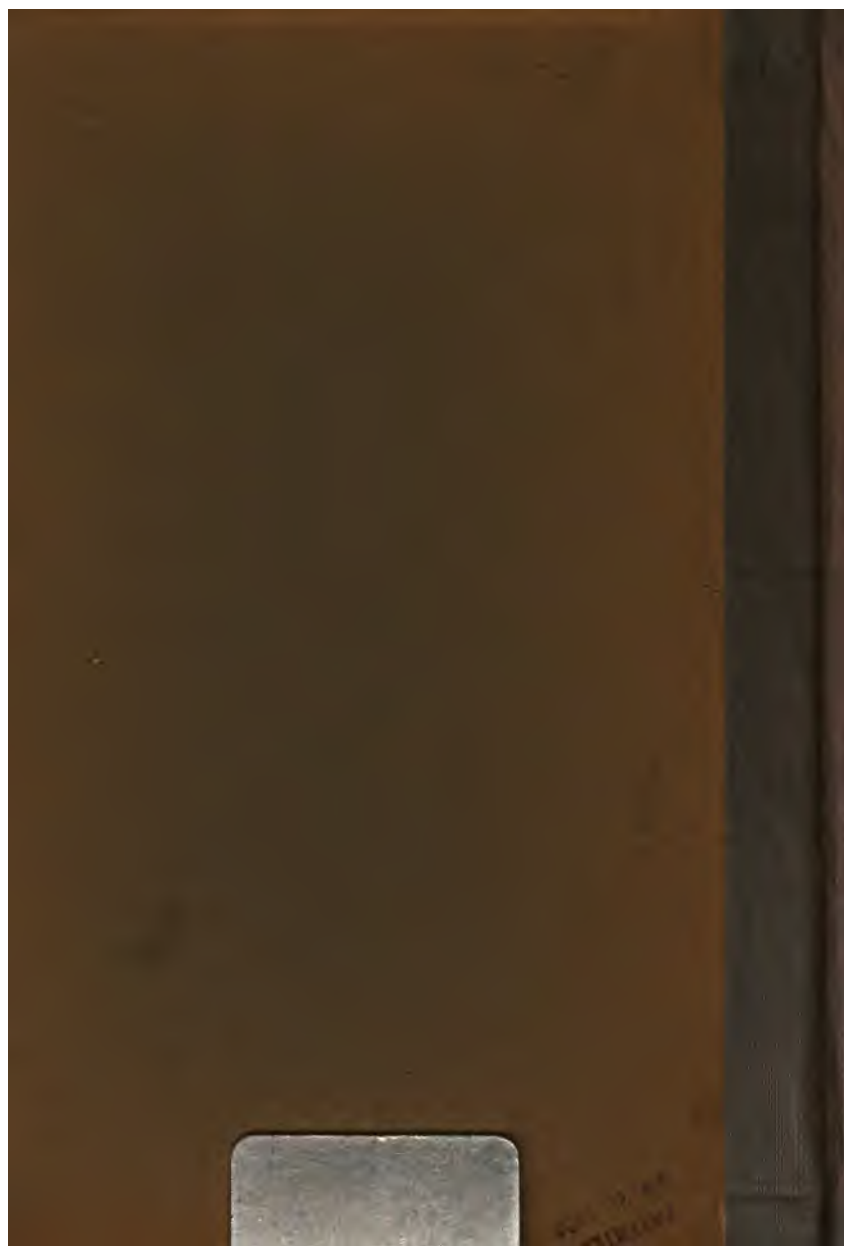
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**PERSONAL HYGIENE  
AND  
PHYSICAL DEVELOPMENT**

**A List of Books  
in the  
Brooklyn Public Library**



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1910



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## PERSONAL HYGIENE AND PHYSICAL DEVELOPMENT.

This list includes the books on these two related subjects in the Brooklyn Public Library. The arrangement is alphabetical by authors under each head.

### I. PERSONAL HYGIENE.

**Achorn, J. W.** Nature's help to happiness; or, Ground treatment. 1909. 613A179

Advocates out-door life (sleeping on the ground, etc.) as a remedy for ills and everyone's cultivating a garden and owning an acre or so of ground to which he can retire in old age.

**Aldrich, Auretta R.** Life and how to live it. 1901. 613A36

A book on the development and care of the body, based upon the idea that the rhythm of the breath is the foundation of health. Gives a set of exercises.

**Allport, F.** Eye and its care. 1896. 613A44

Treats of the anatomy and physiology of the eye, its uses and limitations, and the methods to be adopted to preserve good eyesight.

**Ames, Azel.** Elementary hygiene for the tropics. 1902. 613A51

Tells the first things one must know in order to keep well, more especially in tropical countries.

**Ashburn, P. M.** Elements of military hygiene. 1909. 613A82

This book is especially arranged for officers and men of the line and deals comprehensively with the sanitation of the army. Part I. The Recruit and his environment (chapter II. Personal hygiene). Part II. The Causes of disease. Part III. The Prevention and control of epidemics.

**Bainbridge, W. S.** Life's day; guide-posts and danger signals in health. c1909. 613B162

Gives practical suggestions as to the maintenance of health.

**Baird, J.** Management of health. 613B16

An old manual (pref. 1867) of home and personal hygiene, containing hints on various factors in preserving health.

212143

- Baker, A. R.** Coughs, colds and catarrh. 1904. 613B167  
Explains their nature and tells how to avoid them. A popular lecture, first delivered before the Cleveland Y. M. C. A. and several times printed.
- Ballin, A. S. (Mrs. Berry).** Science of dress in theory and practice. 1885. 613B19  
A treatise on healthy dress for women, which is intended to be as complete, comprehensive, and practical as possible.
- Ballou, G. D.** Seven essentials to life and health. c1909. 613B193  
The seven essentials are sunlight, air, water, food, clothing, exercise and rest. Much practical advice is given under these heads regarding the things necessary to preserve health.
- Banister, Corrilla.** Self building through common-sense methods. 1904. 613B21  
Gives her ideas upon food (advocates vegetarianism), bathing, exercise, etc. Various methods of body building are given, and ways to physical, mental, and spiritual health are pointed out.
- Beard, S. H.** Comprehensive guide-book to natural, hygienic and humane diet. [c1900-02.] 613B36  
The author advocates the elimination of flesh from the diet (he is a "fruitarian") and much of the book consists of recipes.
- Bellows, A. J.** Philosophy of eating. 1869c67. 613B44  
An old treatise on proper foods and maintenance of health by a lecturer on physiology and hygiene.
- Bergey, D. H.** Handbook of practical hygiene. 1899. 613B49  
Designed to be a convenient handbook for the guidance of students in the sanitary analysis of air, water, soil, and the principal food materials, and in testing the ventilation of buildings.
- Bersford, T.** Theories and facts for students of longevity and health. c1908. 613B53  
Gives brief explanations of various theories, such as the distilled-water theory, the sour-milk theory, the raw-food theory, the vegetarian theory, and Metchnikoff's, Gubler's, and Cornaro's theories.
- Billings, J. S. ed.** Physiological aspects of the liquor problem. 2 v. 1903. 613B59  
The report of researches made by and under the direction of the editor, W. O. Atwater, H. P. Bowditch, R. H. Chittenden, and W. H. Welch, sub-committee, to the committee of fifty to investigate the liquor problem. Deals with the present instruction on the physical action of alcohol, the influence of alcohol and alcoholic beverages on digestion and secretion, data relating to the use of alcoholic drinks among brain workers, the relations of drink habits to insanity, etc.

**Black, James R.** Ten laws of health; or, How diseases are produced and prevented: and Family guide to protection against epidemics, diseases and other dangerous infections. 1885c72-85.

613B627

**Black, John J.** Eating to live. 1906. 613B62

A book by a physician giving information and advice as to the different kinds of food, their composition, effects, etc., with some advice to the gouty, the rheumatic, and the diabetic.

**Blaikie, W.** How to get strong and how to stay so. 1899c79-98. 613B63H

A well-known book telling one way of taking better care of the body, viz., by exercise. Gives daily exercises, special exercises, etc., for man, woman, and child.

Sound bodies for our boys and girls. 1892.

J613B63

A manual of safe and simple exercises for all parts of the body, arranged especially for school use and embodying some of the suggestions given in the preceding.

**Blaisdell, A. F.** How to keep well. c1884-1904.

613B635Ho

A text-book of health for use in the lower grades of schools, presenting clearly and tersely the simplest facts concerning our physical life.

Our bodies and how we live. 1896c92.

613B635

An elementary text-book of physiology and hygiene.

**Brown, Mrs. Laura N.** Scientific living for prolonging the term of human life; the new domestic science, cooking to simplify living and retain the life elements in food. 1909. 613B87

Gives many recipes and menus. Advocates vegetarianism.

**Burnet, R. W.** Foods and dietaries. 1905. 613B96

Gives foods and diets to be used in various diseases.

**Butts, E. L.** Manual of physical drill, United States army. 1897. 613B989

Gives simple and progressive exercises on the different apparatus, etc., the object being to systematize physical training in the army, to furnish a practical guide that will enable any officer to give regular and beneficial instruction to his command.



**Call, Annie P.** Power through repose. 1900c1891.  
613C15

Advice and suggestions as to guidance of the body, rest in sleep and in other forms, use of the brain, nervous strain in emotions, use of the will, etc.

**Chapin, H. D.** Theory and practice of infant feeding.  
1904. 613C46T

A thoroughgoing work on the subject of artificial feeding, that, instead of laying down rules and formulas for preparing food, shows the fundamental principles of growth, nutrition, and digestion during infancy, leaving it to the physician to apply these principles. Has a chapter on Bacteriological examination of milk, by Professor H. W. Conn.

**Christian, E. and Christian, Mrs. M. G.** Uncooked foods and how to use them. c1904. 613C55

Advocates the eating of such foods only and gives recipes for preparation, healthful combinations, and menus.

**Clarke, J. H.** Vital economy; or, How to conserve your strength. 1909. 613C598

A book of common-sense advice, written primarily for those who have no strength to spare.

**Cook, M.** Wilderness cure. 1881. 613C77

The author, a newspaper man, tells of his recovery from pulmonary tuberculosis by living in the Adirondack wilderness, describing his camp, etc., and reprints an address on the Adirondack region as a therapeutical agent in the treatment of this disease by Professor A. L. Loomis, who gives summaries of many cases of cures.

**Cornaro, L.** Art of living long; a new and improved English version of the treatise of the celebrated Venetian centenarian; with essays by Joseph Addison, Lord Bacon and Sir William Temple.  
1903. 613C81

Cornaro was a celebrated Italian centenarian, who lived from 1464 to 1566.

**Crandall, F. M.** How to keep well; an explanation of modern methods of preventing disease. 1903.  
613C89

Sets forth what legitimate medicine has done, not only to alleviate suffering but to prevent its occurrence, showing the reasons for the methods of prevention proposed.

Crothers, T. D. Morphinism and narcomanias from other drugs. 1902. 613C95

The special object of this work is to group the general facts and to outline some of the causes and symptoms common to most cases, to suggest general methods of treatment and prevention, and in this way to bring the subject to more scientific levels, and to encourage further studies.

Currier, C. G. Outlines of practical hygiene. 1898c93. 613C97

A complete and comprehensive treatise in plain language, embodying the most modern truths and adapted especially to American conditions.

Curtis, E. Nature and health. 1906. 613C978

A comprehensive popular treatise on the hygiene of the person and the home by a professor emeritus of Columbia University.

Davison, A. Human body and health. c1908. 613D265

"An elementary text-book of essential anatomy, applied physiology, and practical hygiene for schools."

Delavan, Annie H. Ethics of health, grace and beauty. 1907. 613D34

"Compiled to emphasize . . . the importance of right living, right thinking and right exercising." Brief chapters on health-poise, breathing, worry, how to get fat, obesity, self-possession, foods, exercise, etc.

Denison, C. Rocky mountain health resorts. 1880. 613D39

A study, comprehensive and scientific but in plain language, of high altitudes in relation to the arrest of chronic pulmonary disease.

Dewey, E. H. No-breakfast plan and fasting-cure. c1900. 613D51

Advocates, as the title indicates, the going without breakfast for the well and fasting, even prolonged, for the sick, in the belief that nature is the all and all in the cure of disease. Thorough mastication, no drinking at meals and eating only when naturally hungry are included in Dr. Dewey's plan.

True science of living. 1904. 613D51T

Another book of the same tenor as the preceding, for physicians and laymen. Introduction by Rev. Dr. G. F. Pentecost, not a personal acquaintance of the author, but one who has benefited by his system.

Dodd, Helen C. Healthful farmhouse, by a farmer's wife. 1906. 613D63

Gives much wise advice and instruction as to the sanitation of farmhouses, pointing out the dangers of the old houses and showing the most necessary elements in right living.



**Drummond, W. B.** (The) Child. 1901. 613D79

One of the Temple primers, intended as an introduction to the study of the physical and mental development of the child and the bearing of child-study on the education and care of children.

**Ecob, H. G.** Well-dressed women; a study in the practical application to dress of the laws of health, art and morals. 1892. 613E19

Brings together the opinions of authorities on rational dress.

**Einhorn, M.** Practical problems of diet and nutrition. 1905. 613E35

A collection of papers by the professor of medicine at the New York Post-graduate Medical School and Hospital, designed for the medical profession and emphasizing the paramount importance of a sufficient nutrition.

**Fairchild, M. Augusta.** How to be well; or, Common-sense medical hygiene. 1880. 613F16

A popular book giving directions for the treatment of acute diseases without the use of drugs and hints, more especially for females, on general health care.

**Fletcher, H.** New Glutton or epicure. 1909c1899-1903. 613F61N

Advocates what is known as Fletcherism, which consists mainly in a most thorough mastication and consequent insalivation of the food and in eating only when hungry.

**Forward, C. W.** Food of the future. 1904. 613F74

A summary of arguments in favor of vegetarianism.

**Frankland, P. F. and Frankland, Mrs. G. C. (T.).** Micro-organisms in water. 1894. 613F83

"Their significance, identification and removal, together with an account of the bacteriological methods employed in their investigation."

**Gatewood, J. D.** Naval hygiene. 1909. 613G25

A very comprehensive and complete treatise, designed to meet the requirements of the United States naval service, to facilitate instruction in the school, to increase the interest in hygiene on the ships and to stimulate research.

**Gautier, A.** Diet and dietetics. 1906. 613G27

A comprehensive treatise by a French authority, translated by A. J. Rice-Oxley. In three parts: I. General principles of normal diet for a healthy man. II. The Nature and application of each of the alimentary substances. III. Variation of diet according to individuals, races, climates, ages, in health and in sickness.

**George, M. M. ed.** How to sleep. c1903. 613G34

Mostly a collection of quotations on sleep and things connected with it. Gives a descriptive list of remedies for insomnia.

**Granville, J. M.** How to make the best of life.

613G76H

A little book of common-sense advice on the mental phases of personal hygiene.

— Youth, its care and culture; an outline of principles for parents and guardians. 613G76

Chief aim is to expose certain fallacies which prevail on the subject of child management and education.

**Greene, C. A.** Art of keeping well; or, Common sense hygiene for adults and children. 1906. 613G79

Simple scientific teaching regarding the reasonable, healthful ordering of personal life. Contains a biography of the author by Elizabeth P. Gordon and a selection of his sayings and letters.

**Guernsey, A. H. and Davis, I. P.** Health at home. 1884.

613G93

Advice and suggestions as to home surroundings, the house itself, air, water, food, personal habits, etc.

**Gulick, L. H.** Efficient life. 1907. 613G97

Suggestions as to the care of the health. Made up largely from lectures delivered at the School of Pedagogy, New York University, and from articles in *Good Housekeeping* and *The World's Work*.

**Haig, A.** Diet and food. 1906. 613H14

Tries to make clearer the position that diet holds in relation to matters of strength and nutrition; advocates non-flesh eating, showing what foods are available.

**Hall, W. W.** Fun better than physic. 1884. 613H18F

A volume of maxims enforcing the imperative duty of health and emphasizing that good food, pure air, and a cheerful disposition are the best elixirs.

— Health by good living. 1870. 613H18

Aims to show how high health can be maintained and common diseases cured by "good living," which means eating with a relish the best food (meat, fish, poultry, game, etc.) prepared in the best manner.

**Hargraves, W.** Alcohol and science. c1882. 613H27

Presents the author's views and all the conclusions of scientific men, whether the author agrees with them or not, as to the alcohol question.

**Haskell, C. C.** Perfect health. 1903CO1. 613H34

The author, a Norwich (Conn.) publisher, who regained his health by Dr. E. H. Dewey's (see above) plan of living, gives his experience in following it.

**Hayes, J. R.** How to live longer and why we do not live longer. 1897. 613H41

The author, who believes life may be prolonged far beyond threescore years and ten, aims to point out many of the errors of living that tend to bring on disease and shorten human life.

**Hazzard, Mrs. L. (B.).** Fasting for the cure of disease. 613H431

Advocates fasting, even prolonged, as a sort of panacea.

**Heath, H. L.** Infant, the parent and the state. 1907. 613H437

A social study presenting important facts and conclusions.

**Henderson, Mrs. Mary F.** Aristocracy of health. 1906 CO4. 613H49A

Devoted especially to the condemnation of the use of tobacco, alcohol, tea, coffee, and other "poisons."

——— Diet for the sick. 1885. 613H49

"A treatise on the values of foods, their application to special conditions of health and disease, and on the best methods of their preparation."

**Herrick, Mrs. C. (T.).** Cradle and nursery. 1889. 613H56

Practical advice to the young mother on the care of the child from new-born infancy to emancipation from the nursery.

**Hewer, Mrs. A. M.** Our baby; for mothers and nurses. 1896. 613H59

Gives general principles which underlie the successful rearing of children and tells how to care for baby, sick or well, in every way.

**Hinton, J.** Health and its conditions. 1871. 613H66

Papers of a miscellaneous character in which the author has "endeavored to trace the connection of each special subject with universal laws."

**Hogan, Mrs. L. E. (S.).** Children's diet in home and school with classified recipes and menus. 1902. 613H71C

"A reference book for parents, nurses, teachers, women's clubs, and physicians."



How to feed children. 1906c1896-1906. 613H71H

Offers practical suggestions concerning the application of the principles of dietetics to feeding in the nursery and throughout the period of childhood.

Holt, L. E. Care and feeding of children. 1909c1894-1909. 613H75Ca

A catechism for the use of mothers and children's nurses on matters of practice.

Hopkins, S. A. Care of the teeth. 1902. 613H79

Full of practical and easily applied suggestions as to how the necessity for dental operations may be prevented.

Hough, T. and Sedgwick, W. T. Elements of hygiene and sanitation. c1906-07. 613H83

A reprint of part II of "The Human mechanism: its physiology and hygiene and the sanitation of its surroundings," for the use of students, for the general reader, and others. Personal hygiene, domestic hygiene and sanitation, public hygiene and sanitation are the three main divisions.

Hoy, A. H. Eating and drinking; the alkalinity of the blood, the test of food and drink in health and disease. 1896. 613H86

Records the results of his observations as to the effects of acid in health and disease when taken in food or drink. Advises as to what to eat and drink when there is deficient alkalinity of the blood, to which the author attributes many diseases.

Hutchinson, Woods. Instinct and health. 1908'06-08. 613H977

Common-sense information and advice on various matters of personal health, including diet, exercise, sleep, bathing, and clothes.

Hutchison, R. Food and the principles of dietetics. 1906. 613H978F

Deals in a complete way with all sorts of foods, their composition, nutritive value, their uses in health and disease.

Janes, L. G. Health and a day. c1901. 613J33

A set of essays the aim of which "has been to affirm the unity of life, to stimulate independent thought and suggest the right method of orientation in the discussion of health-topics, rather than to proclaim hygienic dogmas and make proselytes to a panacea."

**Jewett, Mrs. F. (G.).** Body at work. c1909. 613J59B

A book for seventh-grade pupils, covering the subjects ordinarily treated in physiologies, but laying emphasis on the training of the body for efficiency.

———— Good health. c1906. J613J59

A text-book for elementary-school use.

**Johonnot, J. and Bouton, E.** How we live; or, The human body and how to take care of it. 1885.

613J73

An elementary course in anatomy, physiology, and hygiene, on the inductive method.

**Kerr, LeG. (The)** Baby; its care and development. 1908. 613K41

Practical information about various points, arranged chronologically and so as to be readily found. For mothers.

**Kingsford, Mrs. A. (B.).** Perfect way in diet. 1904. 613K55

Strongly advocates and argues for vegetarianism as a regular thing and as a treatment for disease.

**Kintzing, P.** Long life and how to attain it. 1908. 613K56

Advice and suggestions about diet, place of residence, exercise, care of the body, sleep and rest, etc.

**Kirk, J.** Papers on health. 1904. 613K59

Sets forth a series of simple remedies for and preventives of many common troubles.

**Krohn, W. O.** First lessons in hygiene. 1903c02. J613K93F

A primer for young children presenting facts about the structure, functions, and care of the body.

———— Graded lessons on hygiene. 1903. 613K93

Presents in simple language to the children in the intermediate grades a knowledge of the conditions which tend to preserve and strengthen the body.

**Law, F. E. and Newell, W.** Prevention of industrial accidents, no. 1: General pamphlet. 1909. 613L41

A systematic treatise including chapters on care on the part of employers and employees, safety devices, steam boilers, engines, elevators, and the factory.

- Le Bosquet, M. ed.** Personal hygiene. 1907. 613L44  
A set of lessons on the care of the different parts of the body, food, exercise, clothing, etc.
- Lindley, E. M.** Health in the home. 1896. 613L74  
A book of suggestions for health culture in the home and the school, with illustrated prescriptions of Swedish gymnastic exercises.
- Macfadden, B. A.** Strong eyes. 613M14  
Gives exercises for strengthening weak eyes.
- and **Oswald, F. L.** Fasting, hydropathy and exercise. 613M14F  
"Nature's wonderful remedies for the cure of all chronic and acute diseases."
- Macfie, R. C.** Air and health. 1909. 613M144  
Deals with the physical and chemical properties of the air with special reference to health and disease. Discusses climate, dust, fog, germs, ventilation, "colds," drafts, open windows and open-air treatment of consumption.
- MacIsaac, Isabel.** Hygiene for nurses. 1908. 613M152  
The compiler has endeavored to include in this manual what is essential for the young nurse. Chapter VII deals with personal hygiene.
- Macknight, T. M.** Food for the tropics. 1904. 613M15  
Describes native produce suitable for food in tropical countries.
- Meyer, Frau Bertha.** (The) Child, physically and mentally. 1893. 613M61  
Advice of a mother to mothers and educators about the hygiene of the child. Translated from the German.
- Miles, E. H.** Avenues to health. 1902. 613M64A  
Mentions various practical ways of promoting health, leaving to the individual reader the task of trying them for himself and thus deciding for himself, but suggesting certain avenues that seem more likely than others to lead to health in most cases.
- **Failures of vegetarianism.** 1902. 613M64  
The purpose of this little book is to state why and in what respects vegetarianism has been a failure. Under failures he includes especially: (a) Failures of individuals who have experimented with one sort of vegetarianism according to one method (or absence of method); (b) failures of vegetarians in general to induce the public in general to give the simpler foods a fair trial, or indeed, any trial at all; (c) the relative failure of vegetarianism as a factor in the world's progress.



————— Muscle, brain and diet. 1905c1899-1905.

613M64M

"A plea for simpler foods." Advocates plasmon, vegetables, fruits, and nuts.

**Millard, C. N.** Wonderful house that Jack has. 1908.

J613M645

"A reader in practical physiology and hygiene for use in school and home," presenting important facts about the care and building of the body in a way that will interest and impress children.

**Mitchell, J. K.** Self help for nervous women. c1909.

613M681

Familiar talks on economy in nervous expenditure, expanded and rewritten from *Harper's Basar*.

**Mitchell, S. Weir.** Wear and tear; or, Hints for the overworked. 1899. 613M68

Points out some of the evils which are hurting the mothers of our race and some of those which are gravely affecting the working capacity of our men. Among the remedies he urges are fewer hours of school, more rest, less eagerness for the dollar, and resources.

**Moore, A. J.** That uncomfortable shoe. 1891. 613M82

An illustrated treatise on the foot and its uses in walking, on shoes and on the causes of and remedies for corns, bunions, etc.

**Müller, J. P.** Fresh-air book. 1910. 613M94

Teaches the inestimable value of fresh air and rational exercise and clothing. Advocates wearing sandals, going without a hat, and taking of air and sunlight baths.

**Nichols, T. L.** Eating to live. 613N62

Advocates the eating of fruit, seeds, and nuts, which he calls the natural food of man, and the drinking of water only.

**Norton, A. P.** Food and dietetics. 1907. 613N88

Deals with the cost, composition, physiological effects, etc., of food.

**Nutt, J. J.** Health and hygiene for the household.

c1901.

613N97.

Object is to acquaint the reader with some of the simpler uses of the science of hygiene and its relations to the best of health. Explains why this is good and that is bad for us.

**Oliver, T.** Diseases of occupation. [1908.] 613O48D

Deals comprehensively with the diseases attendant upon the occupations of factory workers, miners, soldiers, sailors, fishermen, and others.

— and others. Dangerous trades; the historical, social and legal aspects of industrial occupations as affecting health. 1902. 613O48

A large book containing an immense amount of information.

**Overlock, M. G.** Working people: their health and how to protect it. 1910. 613O96

A book written for workmen, who cannot afford to be sick, showing them how to keep their health unimpaired and if it is impaired how to regain it. Much space devoted to tuberculosis.

**Palmer, A. B.** Temperance teachings of science, intended for the general public and especially for young people. c1886. 613P17

Object is, by showing the effects of alcohol, to discourage its use.

**Parkes, E. A.** Manual of practical hygiene. 1883.

613P24

A thoroughgoing treatise on all phases of the subject, prepared especially for use in the medical service of the army.

**Parkes, L. C.** Elements of health. 1895. 613P245

The main aim is to give just that amount of practical knowledge of hygiene that every individual should have.

**Pattee, A. F.** Practical dietetics. c1903-05. 613P31

A simple manual and text-book for the use of the nurse in the class-room. Advice, suggestions and recipes.

**Pope, A. E. and Carpenter, M. L.** Essentials of dietetics in health and disease. 1908. 613P82

"A text-book for nurses and a practical dietary guide for the household."

**Potter, Mrs. C. (U.).** Secrets of beauty and mysteries of health. c1908. 613P86

Practical suggestions for the care of the person, together with a collection of valuable receipts pertaining to health and beauty gathered during the author's stage experiences and travels.

**Pratt, Nannette M.** Body beautiful; common-sense ideas on health and beauty without medicine. [c1902.] 613P91

A book for women on the care of the body, diet, exercise, bathing, etc.

**Pyle, W. L. ed.** Manual of personal hygiene. Ed. 4, rev. & enl. 1910C00-10. 613P99Mn

Simple instruction by capable teachers in the proper care and use of the body. Based upon the best available modern anatomic, physiological, and hygienic data.

**Rabagliati, A.** Air, food and exercises. 1904. 613R11

The author, a famous English surgeon, deals with the predisposing causes of disease. His main aim is, by directing attention to overfeeding as the chief cause of disease, to enable people to increase the length of efficient and healthy life.

**Rankin, F.** Hygiene of childhood. 1890. 613R21

A little manual of suggestions as to the care of children after the period of infancy.

**Read, C. S.** Fads and feeding. 1908. 613R28F

Discusses various suggested dietaries in a common-sense way. Quantity, he affirms, is the main point to be considered and the whole secret of feeding lies in the adaptation of our diet to our special bodily needs. He thinks that Fletcherism is a good thing and that there is a very great deal to be said in favor of vegetarianism. He devotes a separate chapter to alcohol, without which, in his opinion, we are far better off physically.

**Richards, Mrs. E. H. (S.).** Art of right living. 1904. 613R51

Considers the factors, nutrition, physical motion, eating, sleep, amusement, exercise, work, aim or purpose, etc., which go to make up the efficient human individual and treats these also with reference to their development in school life.

————— **Cost of cleanness.** 1908. 613R51C

Treats of the clean house, personal cleanness and the disposal of personal wastes, the clean city, the cost of cleanness, and the way to future cleanness.

————— **First lessons in food and diet.** 1904. 613R51F

What to eat, when and how much, told in simple language.

**Russell, F. A. R.** First conditions of human prosperity. 1904. 613R96

Discusses the causes of the degeneration of the English nation and the way out (by good food, good air, etc.).

————— **Strength and diet.** 1905. 613R96S

The proper diet of man, the value of foods, the diet of ancient peoples, the diet of races and nations, and diet in relation to disease are among the subjects discussed.

**Sadler, W. S.** Science of living; or, The art of keeping well. 1910. 613S126

A book for the teacher, student, lay reader and health seeker, which gives instruction and suggestions which have grown out of sound scientific investigation.

**Sager, D. S.** Art of living in good health. c1907. 613S12

A practical guide to well-being through proper eating, thinking, and living, which is intended to contain the most advanced knowledge on the subject of diet and to be a liberal presentation of matters that are not to be regarded as in any sense exploitations of any particular theory or fad.

**Salceby, C. W.** Health, strength and happiness. 1908. 613S16

A book of practical advice on matters of personal hygiene, written for men of all ages.

**Schofield, A. T.** Home life in order; or, Personal and domestic hygiene. 1907. 613S36

A manual supplying in small compass the essential knowledge of hygiene.

**Shoemaker, J. V.** Health and beauty. c1908. 613S559

Points out the various methods by which health may be influenced by climate, diet, clothing, ventilation, bathing, and exercise. Has much about the care of the skin.

**Sinclair, U. and Williams, M.** Good health and how we won it. c1909. 613S61

Tells how they recovered health by changing diet, by bathing, exercise, etc. Advocates vegetarianism, Fletcherism, and abstinence from stimulants, tea and coffee.

**Smyth, A. W.** Physical deterioration. 1904. 613S66

An English book dealing with its causes, overcrowding, poor housing, neglect of sanitary precautions, etc., and the remedies.

**Snyder, H.** Human foods and their nutritive value. 1908. 613S67

The author, professor of agricultural chemistry, University of Minnesota, and chemist of the Minnesota Experiment Station, deals with all sorts of foods.

**Stables, W. Gordon.** Boys' book of health and strength. J613S77

Among the topics treated of are health and its golden rules, training, holiday time, walking tours, accidents and emergencies, and clothing. Full of advice and suggestions.

**Starr, L.** Hygiene of the nursery. 1906. 613S79H  
Includes general management of children's feeding, diet-lists, clothing, sleep, emergencies, and massage.

**Terhune, Mrs. M. V. (H.)** (Marion Harland, *pseud.*).  
Eye's daughters; or, Common sense for maid,  
wife and mother. 1882. 613T31E

Advice as to health from birth on and conduct in various circumstances of life.

**Thompson, Elizabeth and Moody, Loring.** Heredity.  
1882. 613T46

Consists of letters, which passed between them, giving facts and arguments bearing upon the relations of heredity to human development.

**Thompson, Sir H.** Eating and living; diet in relation to  
age and activity. 1887. 613T47Di

A small book consisting of a paper which appeared originally in *The Nineteenth Century*, advocating a simple form of dietary, light eating, and the adaptation of foods to the needs of the body at different ages and in different forms of activity.

**Food and feeding.** 1891. 613T47F  
Gives numerous elementary hints on the subject.

**Tomes, R.** Bazar book of health. 1873. 613T65  
A book for the general reader, consisting of articles which appeared originally in *Harper's Bazar*. The causes of disease are indicated and the means of preventing or removing them which are within the control of everyone.

**Tyler, J. M.** Growth and education. 1907. 613T98  
Discusses present needs in education, the growth of all parts, constitution and period of life, the boy and girl in school, physical training and manual training. Has a very full bibliography.

**Uffelmann, J.** Manual of the domestic hygiene of the  
child...trans. by H. R. Milinowski; ed. by M. P.  
Jacobi. 1891. 613U23

The work of a practitioner and teacher of international repute, designed to provide useful information for students, physicians, sanitary officials, teachers, and mothers.

**Walker, Emma E.** Beauty through hygiene, common  
sense ways to health for girls. 1904. 613W77

Among the subjects dealt with are deep breathing, exercise for healthy girls, sports, poise, corrective exercises, care of the skin, hair, eyes, nose, ears, mouth, teeth, hands, and feet, bathing, clothing and digestion and diet.

**Wallace, J. S.** Role of modern dietetics in the causation of disease. 1905. 613W19

A collection of essays which appeared originally in *The British Medical Journal*, *The Lancet*, etc., and are addressed to the medical profession and those conversant with the principles of biology. They advocate the use of foods requiring considerable mastication and thorough mastication of such.

**Weinburgh, H. B.** Perfect health. c1903. 613W42

The author, who built himself up from an invalid to the winner (January 6, 1902) of the prize for the best developed man in America, gives his ideas as to matters of hygiene, such as food, breathing, bathing, and sleep, and gives his system of exercises.

**Wheeler, Marianna.** Baby, his care and training. c1901-09. 613W56B

Aims to assist inexperienced mothers in taking care of the minor derangements due to preventable causes.

**Williams, R. F.** Food and diet in health and disease. 1906. 613W72

Presents concisely the principles upon which rests the intelligent use of food in health and disease.

**Willoughby, E. F.** Hygiene for students. 1902. 613W73

The author has endeavored to combine scientific accuracy with popular treatment in a comprehensive manual of principles and practice.

**Wilson, A.** How to keep well. c1907. 613W746  
A little handbook of information and suggestion in simple language.

**Wilson, G.** Handbook of hygiene and sanitary science. 1898. 613W748

Discusses all matters affecting the public health, such as epidemics.

**Winterburn, Mrs. F. (H.).** Children's health. c1901. 613W78

A simple little manual for mothers giving broad outlines instead of pet theories.

**Winthrop, A. W.** Diet in illness and convalescence. 1899. 613W79

Founded on Mrs. Henderson's Diet for the sick, which was out of print, and having a similar arrangement.

**Woodhull, A. A.** Notes on military hygiene for officers of the line. 1904c1890-1904. 613W89N

A little handbook of notes representing the essence of lectures on military hygiene delivered to the class of 1889 at the Infantry and Cavalry School, Ft. Leavenworth. Selection of soldiers, military clothing, food, habitations, water, preventable diseases, and the care of troops in the field are among the topics dealt with.

Personal hygiene. 1906. 613W89

Designed for undergraduates and containing the substance of lectures delivered at Princeton. Gives information as to certain ascertained conditions of the physical organism, and exercise, food, clothing, habits, and similar matters.

**Yeo, I. B.** Food in health and disease. [pref. 1896.] 613Y46

A handbook representative of modern aspects of the subject and designed to be of practical utility.

## II. PHYSICAL DEVELOPMENT.

**Allen, N.** Physical development. c1888. 613.7A42

Consists of a collection of papers on miscellaneous physiological and medical topics. Dr. Allen was especially noted for his investigations of the decline of the birthrate among the old New England families. He pointed out some of the causes for this and enunciated a law upon which population depends.

**Anderson, W. G.** Light gymnastics. 1893c89. 613.7A55L

A guide to systematic instruction in physical training, written from the standpoint of a physician and gymnastic director. The exercises given are designed to be such as are beneficial, simple, and of pleasing variety.

Methods of teaching gymnastics. 1896. 613.7A55

Applies the laws of pedagogy to gymnastic teaching.

**Angerstein, E. and Eckler, G. ed.** Home gymnastics for the well and the sick. 1889. 613.7A58

Sets forth a system of free exercises designed for use without a teacher, adapted to all ages and both sexes, and intended primarily for preserving and increasing health. The book is translated from the 8th German edition.

**Arima, S.** Judo, Japanese physical culture. 1908. 613.7A69

A translation of the author's book in Japanese. Judo is the system of the famous teacher Jigoro Kano and is wider in scope than and different in character from jujitsu. It is a means of physical culture unattended by danger or pain.

**Atkins, J. B. ed.** National physical training: an open debate. 1904. 613.7A87

Papers and reports of conversations which appeared in *The Manchester Guardian*. The contributors are various prominent people, including R. B. Haldane, Lord Charles Beresford, John Burns, Winston Churchill, Canon (now Bishop) Hicks, Eustace Miles and several physicians. The comparative advantages of military drill and non-military physical training are debated. The editor contributes an introduction and a concluding paper, in which latter he advocates a Health Minister and the formation of a physical improvement league.

**Bankier, W. (Apollo, pseud.).** Ju-jitsu: what it really is. 613.7B21

Purports to be: "The first complete and authentic description of the Japanese method of self-defense written out of Japan."

**Barker, A.** Physical culture simplified. [1902.] 613.7B25

The intention is to give a detailed description of exercises for developing strength and endurance and for making the body supple and well. Dumb-bells are used.

**Barnett, S. M.** Gymnasium at home, utility and amusement combined. [1871.] 613.7B26

Devoted to the explanation of a series of exercises with the author's patented apparatus.

**Beale, A. M. A.** Calisthenics and light gymnastics. c1888. 613.7B36

Presents a series of graded exercises which are suitable for children in classes at school or individually at home.

**Bennett, S.** Exercising in bed. 1907. 613.7B472

Describes and illustrates a set of exercises for maintaining and improving health to be performed in bed.

**Benson, E. F. and Miles, E. H.** Daily training. 1903. 613.7B47

By training the authors mean a condition of body that will enable one to get the best possible out of one's self, whether the work in hand is mental, spiritual, or merely physical. They give a system of exercises and advice as to diet, etc., by following which this condition may be acquired and maintained.

**Bissell, M. T.** Physical development and exercise for women. 1891. 613.7B62

Deals especially with the obstacles to a girl's better physical development. These largely concern her school life and the restriction of her body by dress and its limitation from lack of sufficient exercise. Gives suggestions on these points and a system of exercises.



**Blundell, J. W. F.** Muscles and their story from the earliest times. 1864. 613.7B65

Includes a translation of the entire text of a work (De arte gymnastica, 1569) of Mercurialis, a famous Italian physician, and the opinions of other writers, ancient and modern, on mental and bodily development.

**Bowen, W. P.** Teachers' course in physical training. c1899. 613.7B78

Aims to give a clear insight into the principles of anatomy, physiology, hygiene, gymnastic technique, and pedagogy upon which the teaching of physical training depends.

**Brackett, A. C.** Technique of rest. 1898c92. 613.7B79

Some advice and suggestions to women on reading, dress, sleep, and things that save time and energy, promote comfort and reduce nervous expense.

**Checkley, E.** Natural method of physical training. 1895c90-92. 613.7C51

Gives advice and suggestions on health and his system of exercises for making muscle and reducing flesh without dieting or apparatus.

**Dick, W. B.** Art of gymnastics. c1885. 613.7D54

Contains practical and progressive exercises applicable to all the principal apparatus of a gymnasium, and free exercises as well.

**Dudley, G. and Kellor, F. A.** Athletic games in the education of women. 1909. 613.7D84

The authors are convinced that highly organized games, such as basket ball and field hockey, are of great educational value to women. In Part III methods of instruction in these are given.

**Dowd, D. L.** Physical culture for home and school. 1889. 613.7D74

Endeavors to point out a system of rational and practical physical culture, of simple character and adapted not only for developing muscle for muscle's sake, but for the sake of health, etc.

**Emerson, C. W.** Physical culture of the Emerson college of oratory. c1891. 613.7E53

Consists of exercises, many of which were originated by the author, by means of which and by voice culture he restored himself to health and developed abundant vitality and great muscular power.

**Enebuske, C. J.** Progressive gymnastic day's orders according to the principles of the Ling system; first collection. c1890-92. 613.7E56

A guide in teaching Swedish gymnastics to children, arranged for class work in ordinary schoolrooms.

**Farics, R.** Practical training for athletics, health and pleasure. c1899. 613.7F22

Among the topics dealt with are exercise in general, stiffness and its treatment, bathing, rubbing, diet, fatigue, overwork, and the treatment of sprains, ruptures, etc.

**Flint, G. E.** Power and health through progressive exercise. c1905. 613.7F62

The author believes that those exercises that do not produce considerable strength do not produce a high health, and so his system consists mostly of heavy gymnastics.

**Graf, F.** Dumb-bells. 1905. 613.7G73

A handbook covering the whole ground of dumb-bell exercises and giving as varied a selection as possible.

**Greene, R. H.** Healthy exercise. 1900. 613.7G81

Discusses the value of various kinds of exercises, describes various physical methods in detail, and gives theories explaining the reasons for adopting certain methods.

**Gulick, L. H.** Physical education by muscular exercise. 1904. 613.7G97

Deals with the philosophy of exercise. Chapter I is on Exercise and development; chapter II on Material gymnastics; sports and games; systems of gymnastics.

**Guttmann, O.** Æsthetic physical culture. 1884. 613.7G98

Intended for the cultured man in general and the actor in particular. Sets forth the principles of such culture, discussing among various things, physical gymnastics, æsthetic gymnastics, the art of dancing, the art of fencing, and the main principles of dress.

**Hancock, H. I.** Japanese physical training. 1905c03. 613.7H23

Explains the exercises and tricks of jiu-jitsu.

——— Jiu-jitsu combat tricks. 1904. 613.7H23J

——— Physical culture life. 1905. 613.7H23Ph

Gives exercises, advice and suggestions to guide those seeking abounding health. Presents concisely the aims and methods of the physical culture movement.

——— Physical training for children by Japanese methods. 1904. 613.7H23Pc

A manual for use in schools and at home, addressed to those who have in charge the physical training of children.

- Physical training for women by Japanese methods. 1904. 613.7H23P  
Intended to be a combination of all that is best in jiu-jitsu for women's training.
- and Higashi, K. Complete Kano jiu-jitsu (Jiudo). 1905. 613.7H23C  
Describes the system of Professor Kano, the official jiu-jitsu of the Japanese government, with various additional matters.
- Harvey, F. J. Teacher's manual of physical exercises. 1894. 613.7H34  
For teachers who under the English law have to undertake the teaching of physical exercises. Gives tables of exercises for each school standard, consisting of free movements, dumb-bell and short wand exercises, and figure marching.
- Higgins, H. Humaniculture. c1906. 613.7H63  
Devoted chiefly to telling how to get and maintain health. Chapters 2-7 of Part I describe "certain developments that have originated from the work of Mr. Horace Fletcher on mastication, taste, and appetite."
- Hunt, Lucy B. Hand-book of light gymnastics. 1883 c81. 613.7H94  
Gives directions for performing a series of exercises based on the system of Dr. Dio Lewis, with additions and alterations of various kinds. The arrangement and the greater part of the marching figures are original.
- James, Alice R. Girls' physical training. 1898. 613.7J27  
Presents a series of free movements to music, based on such natural movements as those used in dancing, with the addition of exercises for securing an upright carriage, a well-developed chest, and strong abdominal and spinal muscles.
- Jenness, Mabel. Comprehensive physical culture. 1891. 613.7J54  
A handbook containing many of the best exercises of the best known systems and some original movements, designed especially for the use of women in the home.
- Jones, A. K. comp. Classified gymnasium exercises of the system of R. J. Roberts. Ed. 4. 1896. 613.7J76  
Directions for performing groups of calisthenic exercises as well as those indicated by the title.
- Judd, J. R. Complete system of treatment for the general care of the body. 1891. 613.7J92  
Sets forth his system of exercises for developing the muscles and attaining and maintaining health.

- Kinney, A.** Tasks by twilight. 1893. 613.7K55  
Thoughts and suggestions on physique, manual labor, education of boys and girls, etc.
- Knauff, T. C.** Athletics for physical culture. c1894. 613.7K67  
Tells how to get exercise which will enable one to do more work in working hours. Discusses the value of various forms of exercise, especially out-door exercise.
- Lagrange, F.** Physiology of bodily exercise. 1900. 613.7L17  
A scientific study, in popular language, under six headings: Muscular work, fatigue, habituation to work, the different exercises, the results of exercise, and the office of the brain in exercise.
- Laspee, H. de.** Calisthenics. 1865. 613.7L34  
Gives a complete system of calisthenics designed for practical education in schools, colleges, families, etc.
- Le Favre, C.** Delsartean physical culture. 1891. 613.7L48  
The movements are arranged for seminaries, classes, private teachers, and individuals.
- Lewis, Dio.** New gymnastics for men, women and children. Ed. 19. 1883. 613.7L67Ne  
Sets forth a new system "consisting of beautiful games, graceful attitudes, and striking tableaux," the exercises being arranged to music.
- Long, A. M.** My lady beautiful; or, The perfection of womanhood. 1908c04-06. 613.7L84  
Tells woman how to make herself well and attractive and how to get the best of life. Gives a system of exercises.
- McKenzie, R. T.** Exercise in education and medicine. 1909. 615.8M15  
"A detailed treatise on the application of systematized exercise in the development of the normal body and in the correction of certain diseased conditions." Illustrated with practical pictures.
- Maclaren, A.** Physical education. 1895. 613.7M16  
A new edition, re-edited and enlarged by Wallace Maclaren, M.A., Ph.D., of the Oxford University gymnasium. Gives a system of progressive exercises performed with apparatus.
- Miles, E. H.** Alphabet of athletics. 1904. 613.7M643  
Gives a brief course of exercises which he has found most useful for certain games, such as cricket and lawn tennis.

**Miller, F. E.** Indian club swinging. c1900. 613.7M64

Book has three objects: 1st, to introduce a simple nomenclature for club swinging and juggling; 2d, to present the work in such a way that it can be given on the gymnasium floor; 3d, to provide exercises for those who care to practice advanced club swinging and juggling.

**Morgan, J. E.** University oars. 1873. 613.7M84

A critical enquiry into the after health of the men who rowed in the Oxford-Cambridge races from 1829 to 1869. Gives list and description of races, list of oarsmen, considers the life expectation of the united crews, and summarizes the effects of rowing on their after health.

**Müller, J. P.** My system. 1905. 613.7M94

A system including various free movements, a bath and a rubbing of the entire body, the whole to consume fifteen minutes.

**Neeson, V.** Book on wheeling; hints and advice to men and women from the physician's standpoint. c1899. 613.7N38

Author is a thorough believer in the benefit to health of wheeling.

**Newcomb, Lydia J.** Muscular exercises for health and grace. 1893. 613.7N53

Part I gives general observations on position, exercise, walking, breathing, dress, food, etc. Part II sets forth a simple system of free exercises for giving flexibility and control to every part of the body and so for giving health and grace.

**Nissen, H.** Rational home gymnastics. 1903. 613.7N72

A handbook giving a series of exercises without apparatus and points on walking, wheeling, and the use of water and massage.

**Perrin, Ethel and Starks, Mary S.** Handbook of rhythmic balance exercises. 1906. 613.7P45

Gives directions for performing various "fancy steps" which promote bodily grace and general organic vigor.

**Posse, Nils, baron.** Special kinesiology of educational gymnastics. 1899c94. 613.7P85S

A rewriting and elaboration of his Swedish system of educational gymnastics (613.7P85). Is designed as a text-book for students of gymnastics and consists of a treatise on the mechanics, effects and classification of special exercises and a description of the Swedish (Ling) system.

**Primrose, Deborah.** Beauty of figure. 1905. 613.7P95

Tells how to acquire and retain it by means of easy and practical home exercises.

**Proctor, R. A.** Strength and happiness. 1885. 613.7P96

Tells how to get strong and to keep so without wasting working time, with chapters on rowing, swimming, etc.

**Ravenstein, E. G. and Hulley, J.** Gymnasium and its fittings. 1867. 613.7R25

"An illustrated description of gymnastic apparatus, covered and open-air gymnasia."

**Sandow, E.** On physical training. 1894. 613.7S21

Devoted to an account of this noted strong man's feats at his various exhibitions and to a description of his simple method of physical education for the home, gymnasium, and army training school.

**Sargent, D. A.** Health, strength and power. c1904. 613.7S24

Gives a great variety of free exercises and hints and suggestions in regard to exercise, diet, bathing, sleep, etc.

——— Physical education. c1906. 613.7S24P

Papers and essays in which "an attempt is made to place the training of the body upon the same educational basis as the training of the intellect."

**Schmidt, F. A. and Miles, E. H.** Training of the body for games, athletics, gymnastics and other forms of exercise, and for health, growth and development. 1901. 613.7S35

The work of a German physician, edited by Miles, with much additional matter. It is a very comprehensive treatise.

**Seaver, J. W.** Anthropometry and physical examination. 1905. 613.7S44

A manual for practical use telling what and how to measure and giving records, instruments, etc.

**Skarstrom, W.** Gymnastic kinesiology; a manual of the mechanism of gymnastic movements. 1909. 613.7S626

**Skinner, H. H.** Jiu-jitsu. c1904. 613.7S62

A comprehensive and copiously illustrated treatise on this Japanese method of attack and self-defense.

**Somers-Smith, R. V., Beckley, G. P. and Pollard, A. W.** Athletic training. 1882. 613.7S69

Prize essays by three members of the London Athletic Club.

**Stebbins, Genevieve.** Delsarte system of expression.  
1887c85. 613.7S811

Not a system of physical training but a set of exercises for promoting expression of thought and emotion by means of the body.

———— Society gymnastics and voice-culture. 1889.  
613.7S811S

Gives a system of exercises adapted from the Delsarte system.

**Steele, F. M. and Adams, E. L. S.** Beauty of form and  
grace of vesture. 1894. 613.7S81

Exhibits the evils of conventional dress.

**Thomas, Julia and Thomas, A. G.** Thomas psycho-  
physical culture. 1892. 613.7T45

Their system includes a series of free exercises and exercises in elocution. The book also contains instructions as to the care of the body.

**Topham, T. W.** Health of body and mind. c1897.  
613.7T67

Offers "some practical suggestions of how to improve both by physical and mental culture."

**Tyler, M. C.** Brawnville papers; memorials of the  
Brawnville athletic club. 1869. 613.7T98

Twelve papers on the value of gymnastics "written in a sort of colloquial and playful way, from the exploits and the conversations of an imaginary group of characters in a single New England village."

**Wadsworth, jr., C.** How to get muscular; five addresses  
on higher athletics. c1891. 613.7W12

The aim of these addresses by a Philadelphia clergyman is to emphasize a few of the ideas which athletics suggest. The topics treated are strength, exercise, rest and food, air, and religion.

**Watson, J. M.** Hand-book of calisthenics and gym-  
nastics. 1864. 613.7W33

A complete drill-book, whose purpose is to present the means of rendering physical training easy and certain to all. The exercises are arranged to music.

**Wide, A.** Home gymnastics according to the Ling sys-  
tem. 1908. 613.7W63

A handbook of medical and orthopedic gymnastics of the Swedish system.

